

VISION

- Purpose, goals & congruence

COMPOSURE

- Regulate Emotions
- Interpretation bias
- Calm and in control

REASONING

- Problem solving
- Resourcefulness
- Anticipate & plan

HEALTH

- Nutrition, sleep & exercise

TENACITY

- Persistence
- Realistic optimism
- Bounce back

COLLABORATION

- Support networks
- Social Context
- Manage perceptions

THE SIX DOMAINS OF RESILIENCE

8 STEPS TO BECOME MORE RESILIENT



1

Accept change

Find ways to become more comfortable with change.



2

Become a continuous learner

Learn new skills, gain new understanding and apply them in times of change.



3

Take charge

Take charge of your own career and your own development.



4

Find your sense of purpose

Helps you to assess setbacks within the framework of a broader perspective.



8

Skill shift

Reframe how you see your skills, talents and interests.



7

Reflect

Reflection fosters learning, new perspectives and self-awareness



6

Cultivate relationships

Develop and nurture a broad network of personal and professional relationships.



5

Pay attention to self-identity

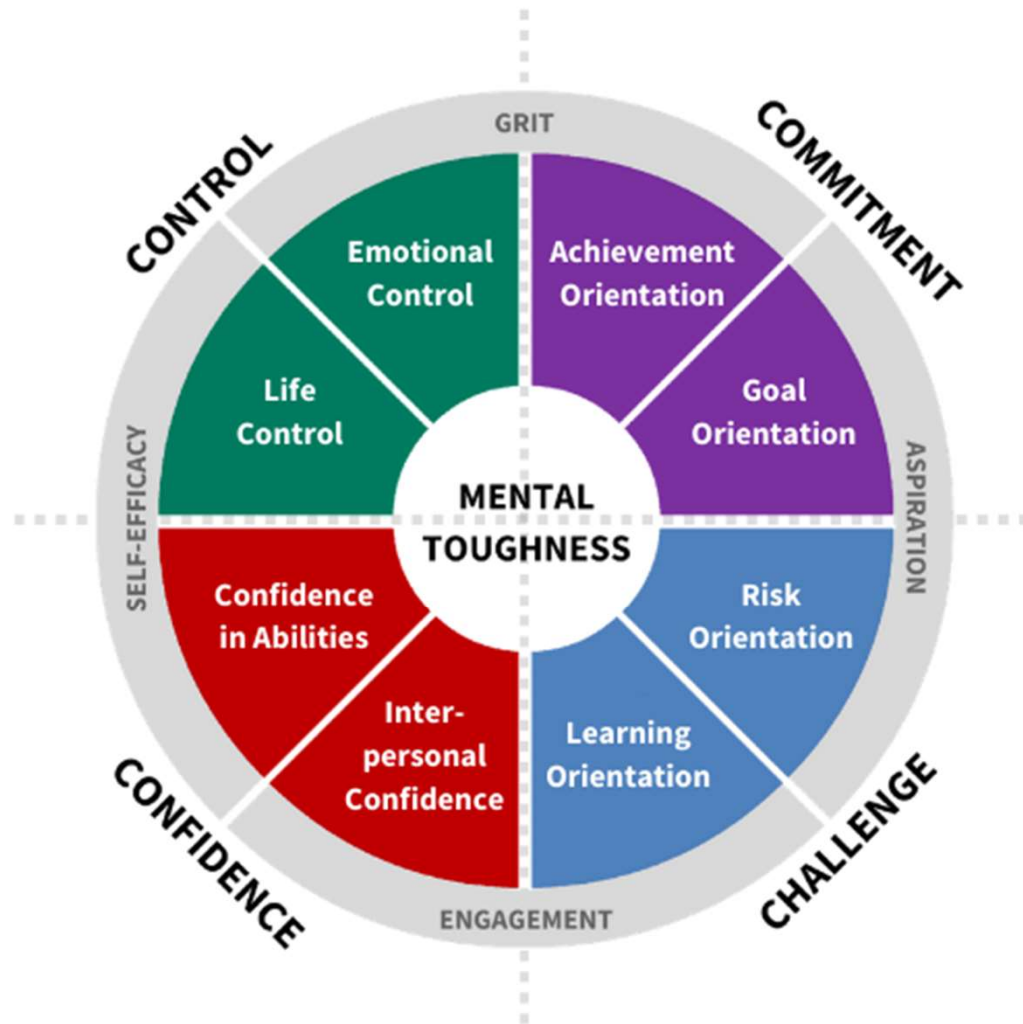
Form your identity apart from your job.

10 WAYS TO BUILD PERSONAL RESILIENCE



 Making connections	 Self Discovery	 Accepting & managing change	 Keeping things in perspective	 Taking decisive actions
 Moving toward goals	 Nurturing self- esteem	 Maintaining hope and positivity	 Taking care of oneself	 Seeing crises as surmountable problems

Source : APA



Inner Strength + Outer Orientation